



Mayor Visits The Silver Tree Coffee Shop

New Nature Program For City Children

By Richard Craib

Mayor Brown came to Silver Tree Day Camp in Glen Canyon Park Thursday night, July 30. A performance by the campers of "The Silver Tree Coffee Shop" was applauded by His Honor. The players implored the mayor to do something about the quality of the products at the coffee shop.

His Honor came in response to Friends of Glen Canyon Park's (FGCP) request for financial assistance to fund a new summer program at Silver Tree Day Camp. FGCP was able to sponsor the initiation of a new program highlighting the natural sciences of Glen Canyon. The new summer program, taught by Robin Honan and Susanna Buehl, informed the children about the canyon's many natural wonders. With generous donations from the Glen Park community as seed money, additional funds were provided by Friends of Recreation and Parks and the Mayor's Youth Fund. Camp Director Bonnie Castinelli says the program has been well received and was a welcome diversion from the normal camp activities.

Acting General Manager of Recreation & Parks, Joel Robinson, was advised that scholarships from the Glen Park

Association for Silver Tree Day Camp participants have not been fully expended. He promised to provide more assistance next year in contacting those in greatest need.

Cars in Canyon Still a Problem

Autos in Glen Canyon Park continue to be a problem on Thursday nights. Everyone in attendance, from the Mayor on down, commented on the wonderful setting: "There is not another place like this in the City." Sixty-eight vehicles were counted on this particular evening. At least a dozen were driven onto the sodden lawn to park and others used the lawn as a turn-around to exit the park. Glen Canyon Park cannot continue to be an urban jewel until a more environmentally conscious generation learns to walk into the park rather than drive. We must continue our efforts to educate the automobile-driving public that it is to the detriment of Glen Canyon Park to allow autos in it.

If other special events using Glen Park utilize parking in the surrounding community, why can't the Silver Tree Day Camp visitors do the same?

Look for the FGCP at Booth #6 during the Glen Park Festival on Sept. 27.

THE GLEN PARK FESTIVAL By Jim Irving

The Third Annual Glen Park Festival, a neighborhood showcase and Sunday picnic, will be held this year on Sept. 27, from 10 a.m. to 5 p.m. In a bid for better weather, this date is about a month earlier than past years.

The festival will run along Diamond Street from Bosworth to Chenery, onto Wilder Street, and into the Diamond Market parking lot. Sponsored by the nonprofit Glen Park Association, the festival raises money to finance scholarships to send deserving kids to Silver Tree Day Camp in Glen Park, and also to seed the following year's festivities.

New features planned this year include on-stage live music and entertainment and a beer and wine pavilion. Artist and craft booths and informational exhibits will line Diamond Street. Food vendors will tempt you along Wilder Street next to Diamond Market, and the market's parking lot will be divided between a children's activity area and a flea market. We are talking with a local radio station about setting up a live broadcast booth, and have invited the SFPD to bring the Talking Police Car, a very popular children's attraction. We also expect to have custom T-shirts and other Festival collectibles available.

The festival will be happening right down the street or

down the hill from you! Set aside Sunday, September 27 on your calendar, and come by to mingle, listen, laugh, enjoy and nosh. Better yet, get involved! Here's what you can do:

- Work with the Festival Committee on planning and coordination.
- Help set up facilities, decorations, signs, and such just before the festival.
- Run a children's activity. (Teens, Scouts and local school staff especially encouraged!)
- Help out at the festival information and souvenir booth.
- Rent a table at the flea market.
- Rent an artist's booth, or share one with other "starving artists."
- Participate as one of the scheduled musical performers.

We're also looking for commercial and service organizations willing to co-sponsor this worthwhile, nonprofit community activity. Sponsors will be prominently featured in the festival program and in promotional displays at the event itself. Community businesses are encouraged to sponsor the event at any level, and also to participate in a merchant's promotional booth that is being planned by the Glen Park Merchants' Association. To participate, or just to find out more, please contact us via the Glen Park Association at 908-6728 or via e-mail at glenpark@hornblower.com.

The Alley

By Joan Seiwald

We have always called it the alley — that strip of land, 25 feet wide — that runs between Burnside and Chilton Sts. The city calls it a "sewer easement" and it even has an official name Lot #29.

However, it was born lots #16 and #5, Block 6736 and Lots #14 and #3, Block 6737 and then, after St. John's purchased a good deal of the abutting property it was consolidated into Lot #29.

While it does not have the contention that, say, Alsace Lorraine or the Gaza Strip has, use of /or ownership/ has caused somewhat of a problem for me and my neighbor: the easement has a 25' width and my house has a bay window overlooking the alley/easement. (This article contains my personal opinions only and does not reflect any policy of the GPA; I have only been allowed column space).

In 1965-66 when St. John's Church wanted to move its school from St. Mary's Ave. to Burnside/Chenery, it bought most — but not all — of the property in the area bounded by Burnside, Chenery, Chilton Streets and the "sewer easement" and some land to the south of it.

St John's then petitioned City Hall and received the vacation of Hamerton St. (old church bulletins document this.) St. John's then turned around, lifted its crying handkerchief and basically said "we have no access to our school yard, please let us use the alley/sewer easement to run our traffic".

I, and my neighbor, protested bitterly and wound up asking for the use of the easement ourselves, since our properties abut the easement /alley. The powers-that-were at City Hall denied our petition, saying that the easement should be kept open for general use of the public.

We found that agreeable and have lived with it for some thirty years.

...continued on page 7

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The mission of the Glen Park Association is to promote the collective interests of all persons living in Glen Park, to inform and educate about neighborhood and city-wide issues, to promote sociability and friendships and to support beneficial neighborhood projects.

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Glen Park News

Glen Park News is published quarterly by the Glen Park Association. Signed articles are the opinions of the authors and not necessarily those of the Glen Park Association.

Glen Park Association

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My main concerns about Glen Park are:

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In Glen Canyon Park

with Jean Conner

Surprise! Two years ago Richard Craib and I scattered Clarkia seeds in the park. Last summer we watched and looked, but no Clarkia did we see. This year, however, there it was! Hopefully you also saw it. It was the pink flowers growing in the east grassland near Alms Road, just south of the trail leading almost straight up to Berkeley Way. Clarkia is also known as "Farewell to Spring" since it begins blooming shortly before the first day of summer.

By the time you receive this newspaper, the goldenrod should be in bloom in the canyon. Allergists say, "No, it doesn't cause hay fever," so go ahead and enjoy the sight of these brilliant yellow flowers. Also blooming in the fall is the native aster, a very pale lavender daisy-like flower.

This year the red-tailed hawks raised three chicks. There was some worry when the adult male hawk appeared to have an injured leg just when it was noticed there were three chicks

in the nest to be fed. We wondered whether he would be able to catch the prey needed to feed the chicks, and even whether he would be able to survive himself with such an injury. But all seemed to go well and by mid-June the three young hawks were ready to leave the nest.

For several summers now I've heard the sound of the olive-sided flycatcher. Its song is described as "drink three beers." This summer I finally saw the flycatcher on the telephone line near Silver Tree one evening. A bird I've not seen but hear in the canyon in the summer is the Swainson's thrush. Its song is a series of ascending notes with a hollow sound much like that of a pan pipe. This rather haunting song comes from the willow thickets along the creek.

House finches are common in the canyon year-round. They are small, brown-backed birds with streaked breasts. The male has red (sometimes yellow) on his head, cheek, breast and rump. Their nests are sometimes found quite near the ground in patches of fennel or French broom, which we are removing from the park. When a nest is discovered, we leave it as undisturbed as possible.



Clarkia

In June the Friends of Glen Canyon Park restoration work party was most successful thanks to two volunteer groups, "Hands On" and "Community Impact," and the Recreation and Parks Department Natural Areas Management Team. We look forward to their help on future work parties.

Some good news: This summer there were two nature teachers at the Silver Tree Day Camp, thanks to Friends of Glen Canyon Park's president, Richard Craib, who worked hard to get the funding. Contributions came from Friends of Recreation and Park, the Mayor's Office of Children, Youth and Their Families, and individuals as well as Friends of Glen Canyon Park.

In October work will begin on removing Cape ivy, English ivy and Himalayan blackberry along the creek. This is thanks to the Yerba Buena Chapter of the California Native Plant Society, which applied for a grant from the Coastal Conservancy. Cape ivy, English ivy and Himalayan blackberry are non-native and has been spreading rapidly through the creek area, smothering and shading out the native vegetation. Cape ivy has been shown to be toxic to fish, so it also may be poisoning other animal life in the creek. Once the ivys and blackberry have been removed the areas will be planted with locally collected native plants grown specially for Islais Creek.

This restoration project will involve the cooperation of many groups. SLUG will do the actual removal of the ivy and blackberry. Friends of Glen Canyon Park and the Native Plant Society will do follow up weeding. The Youth Guidance Center's Log Cabin Ranch will grow the plants from seeds gathered by McAteer High School students. The students will also be doing the re-planting of the areas of weed removal. San Francisco State University graduate students will monitor the work. All these groups will be working under the supervision of the Recreation and Parks Natural Areas Management Team.



Olive-sided Flycatcher

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Notes from the Editor:

The Glen Park News would like to begin a *classified advertising section*. We are interested in hearing from both residents and those offering goods and services to the neighborhood. If you would like to place an ad or find out more about this new section please leave us a message at 908-6728 or write to us at P.O. Box 31292, San Francisco, CA 94131.

Please submit all new and changed *display ads* in camera-ready format. Camera-ready means a clear image on white paper printed with black ink—in other words, please submit the ad the way you would like to see it in the paper. While we truly appreciate your support, our current technology and staffing does not allow us to provide production service.

The next GP News submittal deadline will be October 15, 1998.



Check It Out At the Library!

By Jane Hudson

Libros en Español

The Glen Park Branch Library now has books in Spanish for adults and children. In order to better serve our diverse community, over the past year the library has acquired a small collection of books in Spanish for adults and added to the existing children's Spanish-language book collection. The collections consist of both fiction and non-fiction, and include titles—in the adult collection—such as *Las cenizas de Angela* (Angela's Ashes) by Frank McCourt and *El plan infinito* by Isabel Allende. New books in the children's collection are *In My Family/En mi familia* by Carmen Lomas Garza and *Silvestre y la piedrecita mágica* (The Magic Pebble) by William Steig. ¡Vengan a visitarnos!

Large-Print Books

The library currently has a rotating collection of 40 large-print books, which are borrowed from the main library. When our patrons have pretty much exhausted the titles in the collection, we will return the books to the main library and request a new batch. We're always seeking suggestions for large-print titles; please let us know how we can make this a collection you will find useful and enjoyable.

Library Calendar

Wednesday, Sept. 16, 7 p.m.

Olga Loya, Bilingual Storyteller (English/Spanish)
A family program for all ages.

Sunday, Sept. 27, 10 a.m. to 5 p.m.

Glen Park Branch Library will be at the Glen Park Festival.
We'll have photographs of old Glen Park on exhibit.

Tuesdays at 10 & 10:45 a.m.

Preschool story-times and films on alternating Tuesdays.
Call for exact dates.

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Consumer Smarts— A Guide for the Perplexed

By Ellis Gans

Remodeling or New Construction—Tips on Getting What You Want

Are you adding a new room, or redoing the kitchen? Remodeling is a challenge under the best of circumstances. Here are some ways to avoid unneeded problems:

- Tell contractor(s) before the job starts what level of quality you want, and just how picky you will be.
- Never assume anything
- Always put important issues in writing
- Avoid unnecessary change orders
- On finish work (painting, tiling, fabric covering, etc.), try to be present during installation

Every aspect of remodeling and construction has various levels of quality. Unless the contractor or worker has worked for you before, don't expect that person to know what level of quality you expect. For example, if the kitchen countertop comes in sections, do you want invisible seams, or will you accept a thin joint line? How important are appearances? If you strive for "perfection" the cost will likely rise, going ever higher the more perfection you demand. Discuss in detail just what you expect, before the job starts. If you seek "perfection" within a limited budget, ask the contractor to explain your options and make sure you both are agreeing to the same thing. It is best to put important details in writing.

Unless you really know a particular contractor, get at least three bids. The lowest bid may not be the best. Check references and see their work if possible. You are trusting they will do a good job. Remember the old saying, "trust, but verify."

Just because the contractor has technical skill to do the job, don't assume he knows or will do exactly what you wish. You have to tell him, and then make sure he really understands just how you want things to look or be done. For example, if you hire a tile mason to pick up and install tiles, don't assume he will check that the tiles he receives exactly match your sample. If exact matching is important, tell the mason to verify this before he installs, and that if the match is not close, he should call you for instructions before proceeding. This applies to painting, fabric covering or anything else where you want a precise result.

If painting requires a number of cans of the same custom-formulated paint, remember there can be minor variations from one can to another. The best way to achieve uniformity is pour all the cans into one container and mix thoroughly, then put the paint back into separate cans. People can also be unhappy with how a small color sample appears on the final surface. To avoid disappointment, make a sufficiently large test patch so that you can see how it will look under ambient lighting and in conjunction with surrounding colors.

With fabrics, get all of the same pattern from the same mill run.

If you want to control cost, avoid change orders! Do all your planning before you sign the contract; then stick

with it. It's much easier, and cheaper, to erase a line on a drawing, than to move a wall ten inches. If a change order is required, get it in writing with a firm price, if possible. Some contractors love change orders because then they are not in competitive bidding and feel free to charge more.

If you are very concerned with how the job will look, be present when finishing work starts. That way you can see if the painting, tiling, flooring, cabinets, fabrics, etc. are going in the way you expected. Don't rely on the contractor to do this for you, unless you can be assured that the contractor knows exactly what you want.

Many construction problems arise from miscommunication. To protect yourself, put all important details either on the plans or in writing on the contract. If an architect is making the plans and you are not used to interpreting them, ask for "elevations," a drawing of, say, a wall from floor to ceiling that shows in scale how everything will look. With a kitchen remodel, for example, the elevations will give you a much clearer idea of what you will end up with than the floor plan. Elevation drawings will add to the cost, but can also save you grief and money if you don't fully understand how things will look from the floor plans alone.

Finally, remember that remodeling and new construction are not as simple as buying a load of groceries at the supermarket, where you know exactly what you are getting and its price. Even with the best contractors and workers, unknown factors can cause delays and add to the expense. Common examples are undiscovered glitches in the original construction of your home, such as piping hidden in the wall where you want a door, or suppliers' stocking problems that cause delay.

So in addition to getting firm bids with definite start and approximate completion dates, be prepared to have the final completion date go beyond what you were promised. And allow maybe 10 to 50 percent more for the final cost, even if you avoid change orders.

Ellis Gans is a retired electrical contractor who volunteers his time as a consumer advisor for KGO Channel 7 on Your Side. Consumer questions can be phoned to the station Monday through Friday between 11 a.m. and 1 p.m. at 954-8151. He is also a business counselor for SCORE (Service Corps of Retired Executives) and treasurer of the Glen Park Association.

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Neighborhood Improvement Committee Report

By Ed Harnett

Thanks to the more than two dozen individuals who responded to the June Neighborhood Improvement Committee Survey. Your input and suggestions are greatly appreciated in helping the Committee to determine the community's priorities in terms of enhancing the beauty of our wonderful neighborhood. Besides the 9 categories that were provided in the questionnaire, many of you included some excellent additional suggestions. Probably the most controversial was one from an individual who felt that with the defeat of Proposition A on the June Ballot, why not relocate the de Young Museum to Glen Park Canyon along with an underground parking garage. Somehow I think there might be some opposition to that idea.

In any event, the results are in and here they are. The two top activities you indicated you would like to see the Committee address were 1) elimination of litter and 2) moving electric wires underground. Also not far behind was the sug-

gestion for additional tree plantings. A meeting was held in July to discuss the survey results and determine the next steps in implementing these proposals. A list will be compiled and published in a future issue of the Glen Park News of important phone numbers individuals can call regarding some of these matters. In addition, the committee voted to begin a regular neighborhood cleanup program; our first target area will be the lower end of O'Shaughnessy, which is sorely in need of some TLC. The date and time for our bold adventure was set for Saturday, September 12 beginning at 9 AM. The committee hopes you will roll up your sleeves and get involved.

Future issues of the Glen Park News will keep you informed of our results as well as other planned activities. In the meantime, if you would like to like to volunteer some time for our cleanup or for additional information or suggestions, please contact the Committee Chair, Ed Harnett, at 334-1010. Thanks.

A Preview—Your Friendly Guide To City Services

By Denis Wade

Everything you ever wanted to know about who to call to get things done in San Francisco is contained in a 70-page booklet compiled by the Department of Public Works. Well, almost everything. The first draft is being updated, to be printed by the SF Independent this fall. Copies will be available gratis to all San Francisco households. In the meantime, the guide is available on-line at the City's Web site at www.ci.sf.ca.us/infoctr/guide.htm.

Topics range from abandoned cars to the zoo. Listings for City departments and offices cover everyday services such as the Pothole Hotline (695-2100) and street light repair (554-0730), as well as more specialized things like toilet rebates (923-2676), missing sewer vent covers (554-5797) and airport parking information (877-0227).

The City's diverse leisure activities are amply represented, with descriptions and phone numbers of parks, recreation and cultural facilities. For the compulsively honest, there are numbers to call to report a broken parking meter (550-2739) or turn in someone who's misusing a disabled placard (554-9818). With an election looming, campaign signs will be posted illegally in non-commercial areas of Glen Park; to get them removed, call 695-2017.

Other useful numbers (including a few not in the draft of the forthcoming DPW book):

Abandoned vehicle hotline
781-JUNK
Airport noise (automated complaint line)
(650) 876-2219
Animal care and control (City)
554-6364
Community boards-dispute resolution
252-2500
Gas leaks
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241-WASH
Graffiti removal—bus shelters
882-4949
Domestic violence (24 hours)
864-4722
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Used oil recycling locations
695-7375
Latex paint drop-off locations
554-4333
Illegal dumping 695-2017
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Area "D" permit enforcement
553-1631
Plantings impeding sidewalks
554-5797
Residential parking permit requests
554-9910
Sanitation complaints (garbage, debris) 252-3877
Sewer odors 557-6833

Community Calendar

Glen Park Association Meetings:

2nd Tuesday of the month

7:30 p.m.

Glen Park Recreation Center (Elk & Chenery Streets)

Friends of Glen Canyon Park Meetings—Everyone Welcome:

Wednesday evenings

7:30 p.m.

Glen Park Recreation Center (Elk & Chenery Streets)

September 16th

November 18th

Friends of Glen Canyon Plant Restoration Work Parties:

3rd Saturday of the month

9 a.m. to noon

September 19th

October 17th

November 21st

Meet behind the Recreation Center.

Art Shows Coming to Cafe ?

August: Jacquelynn Paull

September: Stephanie Forbes-Drawings of Trees and Leaves

October: Jim Levitt-photographs

November: oil paintings

Please submit any calendar items to:

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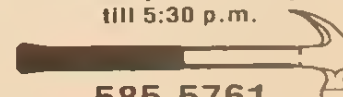
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Book Corner

By Pat Cull

Many of you know that I am a mystery fan, so I thought I would devote this column to some of the most recent mysteries I've read. The mystery genre has gone through a major change in the past 10 or 15 years. Women authors with strong women protagonists are the best-selling mysteries these days. The emphasis on character development in the plot rather than lots of guns and violence has proved to be a winning combination.

It is interesting to notice in the order catalogs that there are more and more titles written by men with women protagonists, no doubt hoping to latch onto the market. I have my doubts about this last trend. One very notable exception is Dennis LeHane. He published his first mystery, *A Drink Before The War*, just three years ago and it introduced his South Boston pair of private investigators, Patrick Kenzie and Angie Gennaro. I just finished *Sacred*, the latest LeHane paperback, and loved it (as I did the others). He writes gripping stories that keep the pages turning. The action is fast and engrossing and, to be honest, sometimes violent.

Some of my favorite authors have had new paperbacks released in the past couple of months. Local author Marcia Muller's latest is *Both Ends of The Night*. Sharon McCone's flight instructor and friend, Matty, asks for her help in finding her boyfriend who has disappeared, leaving his young son behind. When Matty is killed when her plane crashes in suspicious circumstances, Sharon is convinced that her friend's death and her boyfriend's disappearance are connected. I always love her stories and characterizations. Linda Barnes' *Cold Case* is a good read, and Lia Matera's *Star Witness* is a little unusual for her, dealing with the possibilities of UFOs, but I really enjoyed it.

Next month, two more favorite authors will have new books out in paperback. Julie Smith, ex-San Franciscan and current New Orleans resident, is coming out with *Crescent City Kill*. Abigail Padgett's newest is *Dollmaker's Daughter*, once again featuring Bo Bradley, Children's Protective Services investigator who suffers from manic-depression. Can't wait!

The Alley

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A few months ago St. John's sold part of its property (at a quite tidy profit) to a developer who, even as we speak, builds eight houses where there once were houses, then schoolyard.

Now St. John's has at least three proposals concerning where to put its traffic because it has "lost" part of its parking lot. All of them try to utilize part—or all—of the easement/alley.

We do not like this at all: the alley still has a width of 25 feet and my house

still has a bay window overlooking it and we still feel that St. John's did not "lose" anything but sold it and should live with the consequences.

The Planning and zoning Committee persons have written to the archdiocese and St. John's delineating some proposals but at this writing have not received an answer.

We have therefore written to Mr. Passmore, the director of the Planning Department, that the status quo be maintained: the alley/easement be kept open to pedestrian (and dog) traffic only.

Indoor Air Pollution

By Lee Guion, MA, RRT, RCP
Chair, Health & Environment
Committee

When most of us think of air pollution, we think of the brown haze that hangs over the hills and skylines on hot, windless summer days. But for those of us with persistent asthma or allergic rhinitis, it is indoor air pollution that contributes to swollen sinuses, runny noses, airway inflammation, wheezing and breathing difficulties.

Causes

According to the Heart, Lung and Blood Institute of the National Institutes of Health (NIH), the major indoor environmental allergens are molds, mildew and house dust mites. What do these allergy triggers have in common? *Moisture.*

This past winter's incessant rains, followed by summer's fog, have left our homes soggy and damp. Molds and mildew have begun to grow on every conceivable surface—on books, under carpeting, in basements, in upholstery, on tile grout and wallpaper glue. What we can't see, we can detect by a musty odor. Molds, or fungi, are tiny plants lacking roots or stems. They reproduce by releasing spores that are readily inhaled, leading to an antigen-antibody reaction that causes the sinus and respiratory symptoms that result. *Alternaria* and *homodendrum* are the molds most likely to cause allergic reactions. Immunocompromised persons are at risk for fungal infection from saprophytic fungi in indoor air.

The primary source of moisture-related problems is usually in the structure of the home—walls, roof, foundation, and places where they intersect. Any opening to the outside is a source of moisture: doors, windows, vents, skylights and flashing. Balconies and overhangs are also a source of moisture entry into the home.

Moisture produced inside the home in bathrooms, kitchens and laundry rooms, combined with poor ventilation, is also a common source of mold and mildew growth. Houseplant soil is one more possible contributor.

Another top indoor polluter is the house dust mite, a creature so pervasive, insidious and creepy that it could be featured in a big screen horror movie. This microscopic arthropod feeds on human skin sheddings and requires a warm, high humidity environment in order to survive. Mite feces and dried body parts become a dry aerosol that is easily inhaled.

House dust mites thrive in mattresses, pillows, bedding, carpeting and uphol-

stered furniture. As adults we spend eight hours in our beds (if we're lucky). Children can spend up to 80 percent of their in-home time in the bedroom. Eliminating dust mites in the bedroom can drastically reduce symptoms for those with allergic reactions.

Prevention

Primary prevention is the key to reducing the allergens that cause flare-ups of chronic, underlying disease processes. The most important step one can take is to reduce the moisture content in the home. The average household releases as much as two quarts of water a day into the air from cooking, bathing and laundering clothes. Vaporizers and humidifiers should be avoided entirely. Relative humidity should be reduced to less than 50 percent, a level at which dust mites and molds cannot survive. Purchasing a humidity gauge and a dehumidifier may be necessary to achieve this goal. Good ventilation of moisture-prone areas is also important. Installing a low-wattage lightbulb may assist in keeping closets dry. Refrigerator seal gaskets should be checked and replaced if mold is visible. Empty water pans of self defrosting models frequently. Regularly clean garbage containers. Identify areas of recurrent moisture, and target the underlying problem prior to

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Silver Tree Day Camp Scholarships

By Zoanne Nordstrom

Silver Tree Day Camp is located in Glen Canyon Park, a perfect setting for a camp because of its rustic beauty and its Significant Natural Resource Area designation. More than 150 different wildflowers and many animals call Glen Canyon Park home. This includes the raccoons and skunks that some of us have run into from time to time.

As many of you know, the day camp opened in 1941 for the purpose of providing a camp experience to children who otherwise would not be able to have camp experiences. Muni buses picked children up at their neighborhood park and brought them to the canyon for a week of day camping. But in 1988, when the Recreation and Park budget hit hard times, buses were eliminated. This meant that children whose parents were not able to bring them by car or other transportation did not have the opportunity to attend the camp. Whole groups of the City's children were left out of this program for lack of transportation.

Three years ago, people from the Glen Park neighborhood fought hard to get buses reinstated for the day camp. There were two major reasons for this effort: (1) children who would benefit from a day camp experience were not being served, and (2) parents were driving into the canyon (about 3,500 trips a week) and this practice was not only detrimental to the flora and fauna of Glen Canyon Park, but was also extremely dangerous for children who were walking and playing in the park.

In 1997 the buses were reinstated. This year the Glen Park Association is giving scholarships for underserved children. The GPA donated four partial schol-

arships of \$25 each to each of nine neighborhood parks. Full price for the day camp is \$35 per week.

The targeted neighborhood parks for this year are SOMA at Sixth and Folsom, Milton Meyer at 195 Kiska, Mission Playground at 19th and Linda, Herz at Visitacion and Hahn, Joseph Lee at Mendell and Galvez, Crocker at Moscow and Italy, Palega at Felton and Holyoke, Ocean View at Capital and Montana, and Tenderloin Recreation Center at 570 Ellis.

The criteria for a scholarship are that the child has not been to day camp before, and that the contact Recreation Director chooses the child based on who would benefit the most from participating in the program.

Barbara, the Recreation Director at Milton Meyer, is planning a fundraiser for next year's day camp. Other directors are making an effort to encourage more children to participate. One suggestion is a "Dime a Day" program that each child could participate in to save for their day camp week.

The Glen Park Association hopes to continue this scholarship program every year. You can help in two ways. Donations for this worthy cause will be graciously accepted; just send a (tax deductible) check to the Glen Park Association at P.O. Box 31292, San Francisco, CA 94131. Another way to participate in the scholarship program is by supporting the Community Festival in September. A sizable portion of the raffle proceeds will be used for next year's scholarships. Thank you for all your support in the past; we look forward to your help in the future.

Indoor Pollution

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repairing damage; otherwise, moisture accumulation is likely to recur.

Reducing humidity will dramatically reduce dust mite infestation, but other steps may need to be taken. Mattresses, box springs, pillows and comforter covers should be covered in zippered mite-

proof encasings. The comfort and quality of these products have greatly improved in the past year. All bedding should be washed in hot water of 140 degrees at least every two weeks. A hot drier is not sufficient to kill dust mites.

If possible, all carpeting should be removed from the bedroom. Vacuuming is not effective because mites burrow

too deeply to be removed. Wood or vinyl floors are ideal. Cotton throw rugs may be washed. If removing carpeting is not practical, steam injection cleaning is more effective than shampooing and leaves less residual moisture.

Air filters should be installed in your home's ventilation system. Filters are also available to cover air-supply vents. HEPA (High Efficiency Particulate Accumulator) filters remove up to 99 percent of airborne dust particles, animal dander and saliva aerosols. Keep dust collectors such as tchotchkes, books, plants, blinds and curtains out of the bedroom. Stuffed toys should be washed, like bedding material, in 140 degree water.

This may sound overwhelming, but it is worth it if you are an asthmatic or allergic rhinitis sufferer. Home maintenance and spring cleaning are odious, but important and ultimately satisfying experiences.

The GPA Health and Environment Committee welcomes new members and suggestions from readers of the GP News.

The party was a great success. More than 50 people came to eat barbecue prepared by John Dahlen and Ann Donaldson, and to listen to the sounds of Frank Sinatra. One of our guests was Rebecca Prozan, the Mayor's Office liaison to the Glen Park neighborhood. She is eager to hear from the neighborhood about any concerns, questions or suggestions. Also attending the party was Randy Cat-uray, a representative of the Ingleside Police Station.

Keep an eye out for announcements around the Village and in the *Glen Park News* about upcoming Glen Park Association meetings and events. Our next big party will be on December 8. Mark your calendar now, and we'll see you there!

Hope and Help in the Early Stages of Alzheimer's Disease

By Robyn Yale, LCSW

Alzheimer's disease (AD) is often associated with severe memory loss—but in the beginning of the illness, people experience only mild forgetfulness and confusion.

Family Caregiver Alliance and the Alzheimer's Association are offering a new support group in San Francisco for people with early stage AD and a separate, concurrent group for their family members. Discussions will focus on challenges as well as capabilities in coping with the disease and adjusting to the changes so that "life goes on."

Participants must be aware that they have AD and be willing and able to discuss their experiences. A pre-enrollment interview is required. Information: (415) 434-3388.

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